

Claims

[c1] A topical cream applied to the skin which relieves the pain of many types of arthritis, tendonitis, and bursitis. The cream is compounded to allow delivery of a pain and anti-inflammatory combination, through the skin, directly to inflamed joints, bursae, and tendons. Ketoprofen is the anti-inflammatory used, but other non-specific cox inhibitors may also be effective. Ketoprofen has both anti-inflammatory and pain relieving effect. For additional pain relief, diphenhydramine has been added. Diphenhydramine has long been recognized as an effective local anesthetic in the presence of an allergy to both "ester" and "amide" classes of local anesthetics. The "delivery vehicle" for these pain relieving drugs is dimethylsulfoxide (DMSO) and what is commonly called "PLO gel" (a mixture of pluronic gel and lecithin). DMSO has long been known to penetrate intact skin. It may also have some direct, but brief, pain relief. More recently, PLO gel has been used successfully to bring medications, such as antiemetics, through the skin. This combination allows the longer acting pain relievers ketoprofen and diphenhydramine to reach underlying inflamed tissues. The cream is especially effective when combined

with an oral anti-inflammatory. It may be applied up to t.i.d. and should be rubbed in well. It may prove (not yet tested) to be safe in patients on an anti-coagulant such as coumadin (for whom systemic anti-inflammatories may be contraindicated). It has so far proven to provide consistent pain relief to patients with osteoarthritis of the knee and lateral humeral epicondylitis ("tennis elbow"). Improvement to other inflammatory conditions has been found but with less consistency. It is not to be used in inflammatory conditions caused by infection and should be avoided in patients with allergies to "Sulfas" or aspirin related products. Development of skin irritation or a rash should cause discontinuation of the product.